



GRILLED PORTOBELLO MUSHROOMS

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 15 mins

Serves: 4 small / entree



INGREDIENTS

- 4 large portobello mushrooms
- 4 tbsp coconut oil
- 100 mls water
- 1 tbsp coconut amines
- 1 tsp honey
- 2 cloves garlic, crushed
- juice of 1/2 lemon (or lime)
- 2 tbsp chopped coriander (or parsley)
- 2 spring onions, finely chopped
- salt and pepper
- Extra chopped coriander to garnish

METHOD

- Preheat grill.
- Pull stalks off mushrooms, chop finely and set aside.
- Place mushroom cups on an oiled baking dish, standing on stalk side.
- Brush with coconut oil, sprinkle salt and pepper over, and grill for 5 - 10 mins.
- While grilling, place all other ingredients into a frying pan with the rest of the oil.
- Add the juice from the mushrooms, and bring mixture to the boil.
- Boil until liquid is reduced by half, approximately 15 minutes.
- Remove from heat, and place mushrooms onto serving plate.
- Spoon mixture into mushroom, and garnish with extra coriander.

NOTE:

These make a wonderful breakfast, are great as an entree, or as a side dish for the main meal. Small ones are tasty nibbles.